

# VT MUNCH TIMES

## Coming to a Tray near You!

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*VT Munch Times is a biweekly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include a USDA Policy update, a fun nutrition fact and up-to-date resources for the coming weeks. Look for these updates every other Thursday!*

### **Munch on this:**

#### **Policy Update: Food Safety & HACCP**

The Healthy, Hunger-Free Kids Act of 2010 strengthened the existing food safety requirements in the National School Lunch Program (NSLP), School Breakfast Program (SBP) and all other Food and Nutrition Service (FNS) programs operated in a school.

It requires that the school food safety program based on Hazard Analysis and Critical Control Point (HACCP) principles be applied to any facility or part of a facility in which food is stored, prepared or served for the purposes of the NSLP, SBP or other FNS program.

The school food safety program, required since 2004, addresses food safety in all aspects of school meal preparation, ranging from procurement through service.

\*Be sure to re-visit your school's food safety plan to ensure that it is up-to-date, accurate, and being followed.\*

#### **Helpful Links and Resources:**

- <http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080220092722.pdf><http://sop.nfsmi.org/HACCPBasedSOPs.php>
- <http://sop.nfsmi.org/HACCPBasedSOPs.php>
- [http://education.vermont.gov/documents/EDU-Child\\_Nutrition\\_Enhancing\\_School\\_Food\\_Safety\\_Program\\_FAQ.pdf](http://education.vermont.gov/documents/EDU-Child_Nutrition_Enhancing_School_Food_Safety_Program_FAQ.pdf)

#### **Nutrition News: The most important meal of the day**

Recent studies show that 18% of Americans skip breakfast altogether, and 20% eat it away from home, at restaurants or take-out. Youth (adolescents and teens) are even more likely to skip breakfast, at

40%. But breakfast has shown to be the meal where we get the highest proportion of nutrients per calorie compared to other meals and snacks- something we definitely don't want to miss!

\*Source: National Dairy Council analysis of data from the National Health and Nutrition Examinations Survey

## **Resources:**

### **Save the Date! Tri-State Child Nutrition Conference**

**When:** April 10, 2014

**Where:** Killington Resort, Vermont

Child Nutrition Programs of Maine, New Hampshire and Vermont are teaming together to present a day long training event with some Child Nutrition Programs experts. The day-long conference will include three sessions of workshops as well as a keynote presentation by Scott Noyes. Workshop sessions will cover School Nutrition, Child & Adult Care, FFVP, Summer Food Service Program, USDA Foods and more. More information to follow.

### **USDA Foods Further Processing Trainings and Vermont's first-ever USDA Foods Show**

The USDA Foods Program will allow schools and recipient agencies who attend one of the following trainings to divert some of their USDA Foods for further processing next year.

**Brattleboro:** January 7, 2014, 3:30 pm - 5:30 pm, Brattleboro High School

**Newport:** January 8, 2014, 3:00 pm - 5:00 pm, North Country Tech Center

**Rutland:** January 9, 2013, 3:00 pm - 5:00 pm, Stafford Technical Center

**Bristol:** January 13, 2014, 3:00 pm - 5:00 pm, Mt. Abraham Union Middle/High School

**Montpelier:** January 23, 2014, 1:00 pm - 3:00 pm, Capitol Plaza Hotel (followed by the USDA Foods Show, from 3:00 – 5:00 pm)

After the January 23 further processing class in Montpelier, we will be holding Vermont's first-ever USDA Foods Show, where food service managers can see and sample lots of different products that they could get with USDA Foods entitlement dollars through further processing, and vote on which manufacturers they want us to work with next year. In addition, they'll be able to sample new USDA Foods direct delivery ("brown box") products, and get more information on USDA Foods options for next year.

To learn more and to sign up for these trainings and/or the USDA Foods show, please click [here](#).

### **Farm-To-School Professional Development Course for Educators**

Register now! Farm to School Curriculum Connections is a level II course being offered by VT FEED in partnership with Food Connects and Upper Valley Farm to School. The course will be run simultaneously in two locations--Sharon and Brattleboro--on select Tuesdays and Thursdays from 4:30 to 7:30 PM starting in January. The cost is \$400 (or \$515 with graduate credit).

Learn more and register at [www.uvfts.org/pd](http://www.uvfts.org/pd)

Contact: Kaitlin Haskins of Upper Valley Farm to School at [kaitlin@uvfts.org](mailto:kaitlin@uvfts.org) or 269-217-5338

### **New School Cuisine Cookbook**

Our latest resource to help schools meet the new USDA meals pattern and use fresh and local products in school meals.

Available online! [http://education.vermont.gov/documents/EDU-New\\_School\\_Cuisine\\_Cookbook.pdf](http://education.vermont.gov/documents/EDU-New_School_Cuisine_Cookbook.pdf)

### **Serving Up a School Culture of Health, Wellness, and Nutrition**

Promising Practices that provide lessons learned and recommendations for how to create a school culture that values the important role healthy food, nutrition education and physical activity play in education.

[http://education.vermont.gov/documents/EDU-School\\_Nutrition\\_Serving\\_Up\\_School\\_Culture.pdf](http://education.vermont.gov/documents/EDU-School_Nutrition_Serving_Up_School_Culture.pdf)

### **Food Allergies Resource and Guidance**

The CDC published a comprehensive manual on “Voluntary Guidelines to Manage Food Allergies in Schools and Early Childhood Care and Education Programs” and can be found at <http://www.cdc.gov/healthyyouth/foodallergies/>. It provides excellent information on procedures and practices to manage food allergies in programs that service children.

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### **Harvest of the Month by [Green Mountain Farm-to-School](#) and [Food Connects](#):**

December's *Harvest of the Month* is winter squash! Winter squash is true to its name: it stores well throughout the winter. The flesh of these fruits is yellow-orange, with variations in taste and texture. Purée it for a scrumptious soup or roast it with a sprinkle of cinnamon. Posters, recipes, kid-friendly eating tips, lesson plans and more can be found for FREE download at [www.VermontHarvestoftheMonth.org](http://www.VermontHarvestoftheMonth.org). Last month's HOM, kale, was a huge success in school cafeterias throughout the state. We taste tested kale parmesan salad, kale pesto and kale chips!

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Disclaimer: *VT Munch Times* provides general information to assist Vermont sponsors of the U.S. Department of Agriculture (USDA) Child Nutrition Programs. It does not represent all federal and state requirements and regulations regarding the operation of USDA school nutrition programs. The inclusion of links to external Web sites does not constitute an endorsement by the Vermont State Agency of Education to the information, products, services or opinions contained therein

*VT Munch Times* is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Dani Bois, Child Nutrition Consultant, at (802) 828-0618 or [dani.bois@state.vt.us](mailto:dani.bois@state.vt.us).

Vermont Agency of Education | 120 State Street | Montpelier, VT 05620-2501

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